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TREATMENT PLAN FOR : Imogen Taylor Date: 21.3.25

Health Goals	<ol style="list-style-type: none">1. Improve thyroid function and manage subclinical hypothyroidism by taking thyroid supplement (see Vital.ly prescription) for the next 4-6 months until we re-evaluate through testing2. Reduce gut symptoms and enhance digestive health by continuing to take Clinical Gut Relief powder, and adding in prescribed probiotics and slippery elm.3. Decrease anxiety levels and improve overall mental well-being by continuing to take NervaCalm, B vitamins4. Reintroduce dance as a form of therapy and stress relief, something that brings you joy.5. Establish healthier boundaries in relationships and living situation
Diet	<ul style="list-style-type: none">- Continue with the modified elimination diet, avoiding trigger foods- Maintain a balanced diet rich in whole foods, focusing on safe fruits, vegetables, and lean proteins- Include thyroid-supporting nutrients such as selenium, zinc, and iodine in the diet (Selenium: 2 brazil nuts per day Iodine: seaweed snacks, nori, sushi,)- Ensure adequate fibre intake to support gut health (slippery elm, vegetables)- Stay hydrated with water and herbal teas
Lifestyle	<ul style="list-style-type: none">- Prioritise self-care and stress management techniques

	<p>- Gradually reintroduce dance classes, starting with once weekly sessions – you will likely find they give you energy!</p> <p>- Explore dance therapy as a potential career path</p> <p>*****</p> <p>It is crucial to emphasise the need to reassess certain situations in your life at the moment, as they are significantly affecting your nervous system and are likely the root cause of many of your health issues. The ongoing stress from your living situation, relationship dynamics, and career uncertainties is placing a considerable burden on your body and mind.</p> <p>Your nervous system is constantly in a state of heightened alert, which can exacerbate thyroid dysfunction, gut issues, and anxiety. By addressing these underlying stressors, you may find significant improvements in your physical and mental health. Consider the following:</p> <ol style="list-style-type: none"> 1. Evaluate your current living arrangement and its impact on your well-being 2. Reassess your relationship and ensure it aligns with your personal growth and health goals 3. Explore your passion for dance therapy as a potential career path 4. Set clear boundaries in all aspects of your life to reduce unnecessary stress 5. Prioritise self-care and activities that bring you joy and relaxation <p>Remember, addressing these root causes is essential for long-term health improvement. While supplements and dietary changes can support your healing, creating a more balanced and fulfilling life environment is crucial for sustainable well-being.</p>
Barriers	<ul style="list-style-type: none"> - Certain situations in life currently - As we have not performed a GI Map/Microbiome map it is hard to know exactly what is going on in the gut- please consider having this done if we cannot make improvements in the next 6 weeks.
Referral/Investigations	-
Prescription	<ul style="list-style-type: none"> - Continue taking the B vitamins, NervaCalm, Clinical Gut Relief - Commence taking Thyro HPA Forte N. Ideally take this in the morning- ongoing - Commence taking the slippery elm – ongoing - Commence taking the probiotic – stop taking probiotic when pack is finished

	<ul style="list-style-type: none"> - Commence taking the Detox Pro – stop taking when container is empty. <p>Liver Detoxification Supplement: A 4-week liver detox program can support overall health by enhancing the liver's natural detoxification processes. This may help improve thyroid function, as the liver plays a crucial role in converting T4 to the active T3 hormone. Additionally, supporting liver health can aid in hormone balance and potentially alleviate some gut symptoms.</p> <p>Slippery Elm: Slippery elm can help soothe the digestive tract by forming a protective layer over irritated mucous membranes. This may reduce gut inflammation, improve regularity, and alleviate symptoms such as stomach discomfort and nausea.</p> <p>Probiotics: Introducing probiotics can help restore balance to the gut microbiome, potentially improving digestive symptoms and supporting overall gut health. A healthy gut microbiome is also linked to better thyroid function and may help reduce anxiety through the gut-brain axis.</p>
Recipes:	-
Other	<p>Interpretation of Thyroid Test Results Looking at your thyroid panel results from March 7th, 2025, there are several important findings that might connect to your chronic gut issues:</p> <p>Key Findings:</p> <ol style="list-style-type: none"> 1. Thyroid Antibodies (aTPO): Your level is 73, which is elevated (normal is <60). This indicates your immune system is producing antibodies against your thyroid tissue, suggesting Hashimoto's thyroiditis, an autoimmune thyroid condition. 2. Free T3: Your level is 4.6, which is slightly below the normal range (4.7-7.2). T3 is the active thyroid hormone that your cells actually use for metabolism. 3. Free T4: Your level is 14.1, which is within normal range (9.0-25.0). 4. TSH: Your level is 2.20, which falls within the conventional normal range (0.40-4.00) but is outside of the optimal range (less than 2.0) <p>What This Means: You have what we call "subclinical hypothyroidism with Hashimoto's features." While your TSH and T4 appear "normal" by conventional standards, the combination of elevated antibodies and low T3 suggests your thyroid function is compromised and affecting your overall health, and your thyroid is beginning to slow down as evidenced by your TSH being over 2.0</p> <p>Connection to Gut Issues:</p>

	<p>There's a significant gut-thyroid connection that's particularly relevant in your case:</p> <ol style="list-style-type: none"> 1. Autoimmunity Connection: Hashimoto's thyroiditis often co-exists with intestinal permeability ("leaky gut"), which can trigger both thyroid autoimmunity and IBS symptoms. 2. Low T3 Syndrome: Your low T3 with normal T4 suggests your body is having trouble converting T4 to the active T3 form. This conversion happens significantly in the gut and liver, so gut inflammation can directly impact this process. 3. Bidirectional Relationship: Thyroid hormones regulate gut motility and barrier function. When thyroid function is suboptimal, it can slow digestion and contribute to IBS symptoms, bacterial overgrowth, and inflammation. <p>Functional Perspective: From a functional medicine standpoint, your thyroid is not optimally functioning despite having "normal" TSH. Many practitioners would consider your elevated antibodies and low T3 as significant findings that warrant support, especially given your chronic gut symptoms. This pattern suggests we need to address both your thyroid health and gut function as interconnected systems rather than isolated issues.</p>
Return	Return visit in 6 weeks to assess how GIT is going.

NOTE: Lifestyle and dietary recommendations have been provided to support your health goals. If you experience any adverse reactions or discomfort, discontinue the recommendations immediately. We will discuss modifying them during your next appointment. If you have any serious concerns, please contact me for guidance.

Herbal medicines have been prescribed as part of your treatment plan. Like any medication, discontinue their use if you experience rashes, diarrhea, digestive issues, allergic symptoms, or any other adverse reactions that you suspect may be related to the herbs. Please notify me immediately if you experience any such reactions.

Nutritional supplements have been prescribed to address your health condition. If you experience any signs or symptoms that you believe may be associated with these supplements, discontinue them immediately and contact me. Your health and safety are of utmost importance.